

April's Power-Up Spotlight Rocky Mountain Middle School

Principal: Sheldon Case
School Coordinator: Roger Pyper
Teacher advisor: Adam Hagan



Rocky Mountain Middle School began working towards the bronze level of the Power-Up program this school year.

Mr. Hagan's student government classes were excited to be offered the opportunity to make up the school's Power-Up Committee. Students on the Power-Up Committee reviewed the school district's tobacco policy and were able to create a school tobacco policy which will be presented to the School's Community Council in April.

To increase the physical activity of students at Rocky Mountain Middle School, PE classes participate in the pacer program where they are timed at a mile run multiple times throughout the term and the students' goal is to better their personal time. Since the students at Rocky Mountain Middle School only receive $\frac{1}{2}$ a year of structured physical education, the school is working to provide daily physical activity opportunities outside of the PE program. The intramural program at Rocky Mountain Middle school allows students to be involved in sports and other games during their lunch time. Students and classes are also encouraged to walk Gold Medal Miles at the school.



Rocky Mountain Middle School in conjunction with the Wasatch School district is also committed to increasing the nutritious foods that students eat and reducing junk food. The school provides nutrition education in the lunch room with posters, and with the district has instituted a policy requiring foods outside of the lunch room to be healthy.

Rocky Mountain Middle School is excited to be creating a healthier environment at their school.